

Snapped Up: Chimichurric Pesto, or Guac



(Above topping hummus with crackers.)

Make it. Thank me later...

I was 65 years old before I tasted my first Chimichurri. How did I live without this in my “go-to” recipe book? So fresh. So flavor packed. So EASY! It makes any dish exotic, plus it’s fun to say, “chim-ma-chur-ee”.

Warmer weather means parsley growing season. It’s time to make the most of this fast growing herb that’s also a high source of Vitamins A, C, and (off the charts) K.

Chimichurri, Pesto, and Guacamole are all green variations on three different base herbs. The chart on the right gives you a quick comparison on what goes into each sauce. If you’re feeling Argentine, make Chimichurri. Italian? Pesto. Mexican? Guacamole.

Chimichurri with flat leaf parsley and oregano will have a slightly stronger taste than curly parsley and basil. Try making both and giving it a taste test. Use the ratios in the chart as a jumping off point. Get creative and make your own signature blend.

Eating fresh herbs is the tastiest way to take your vitamins. Perennial parsley is the cheapest of the three options and also the highest in nutrition.

*Good for one.
Great for many.*

INGREDIENTS

SAUCE (makes ½ cup)

1 bunch **Parsley** (flat or curly leaved)

1 Tablespoon **FRESH Basil or Oregano**

¼ cup **Onion**

¼ cup **Olive Oil** (use water instead and you’ll cut 600 calories from the dish)

1 or more **Garlic Cloves**

1 Tablespoon **Lemon Juice**

2 Tablespoons **Red Wine Vinegar** (or apple vinegar)

1/8 **Red Pepper Flakes**

Salt to taste

TOOLS USED:

Small food processor

DIRECTIONS:

Put everything into a small food processor and blend until leaves have turned into flecks of green and is the consistency of ketchup. No blender? Chop, Chop, Chop... a pizza cutter makes fast work of leveling leaves as well. It will have a different consistency, but still taste as good.

SERVE ON:

Bread, crackers, Naan, sandwiches, pasta, rice, eggs, baked potato, seafood, hummus, or soups (add a bit to the top of the soup before serving). Or mix with a bit of milk or mayo and use it for a salad dressing. Chimichurri goes on everything except ice cream.



	Chimichurri	Pesto	Guacamole
Parsley	1 bunch		
Basil		1.5 cups	
Cilantro			1 bunch
Oregano	1 T		
Onion	1/4 cup	1/4 cup	
Olive Oil	1/4 cup	1/4 cup	
Garlic Cloves	1 or more	1 or more	1 or more
Lemon	1 T	1 T	
Red Wine Vinegar	2 T		
Lime			juice
Pine nuts or Walnuts		1/4 cup	
Parmesan cheese		1/8 cup	
Avocado			1
Pepper Flakes	1/8 teaspoon		
Anaheim Pepper			1
Salt	to taste	to taste	to taste
BLEND	x	x	x

1/3 cup Chimichurri

General			
Energy	617.8	kcal	84%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	127.0	g	5%

Carbohydrates			
Carbs	8.9	g	11%
Fiber	2.6	g	12%
Starch	1.3	g	No Target
Sugars	1.8	g	No Target
Sugar Alcohol	0.1	g	No Target
Net Carbs	6.2	g	10%

Lipids			
Fat	65.4	g	242%
Monounsaturated	47.5	g	No Target
Polysaturated	6.9	g	No Target
Omega-3	0.5	g	25%
Omega-6	6.4	g	58%
Saturated	9.1	g	n/a
Trans-Fats	0.1	g	0.104 g
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	2.2	g	4%
Cystine	0.0	g	2%
Histidine	0.0	g	4%
Isoleucine	0.1	g	6%
Leucine	0.1	g	5%
Lysine	0.1	g	5%
Methionine	0.0	g	5%
Phenylalanine	0.1	g	9%
Threonine	0.1	g	6%
Tryptophan	0.0	g	9%
Tyrosine	0.1	g	5%
Valine	0.1	g	7%

Vitamins			
B1 (Thiamine)	0.1	mg	6%
B2 (Riboflavin)	0.1	mg	7%
B3 (Niacin)	0.9	mg	6%
B5 (Pantothenic Acid)	0.3	mg	7%
B6 (Pyridoxine)	0.1	mg	8%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	103.3	µg	26%
Vitamin A	5074.8	IU	218%
Vitamin C	99.5	mg	133%
Vitamin D	0.0	IU	0%
Vitamin E	10.0	mg	67%
Beta Tocopherol	0.1	mg	No Target
Delta Tocopherol	0.0	mg	No Target
Gamma Tocopherol	1.1	mg	No Target
Vitamin K	1029.3	µg	1144%

Minerals			
Calcium	109.5	mg	14%
Copper	0.1	mg	13%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	4.7	mg	58%
Magnesium	37.5	mg	12%
Manganese	0.2	mg	12%
Molybdenum	0.0	µg	0%
Phosphorus	47.1	mg	7%
Potassium	418.8	mg	9%
Selenium	0.6	µg	1%
Sodium	38.5	mg	3%
Zinc	0.7	mg	9%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.

1 Serving of Peanut Sauce Noodles

CHARMOULA

YIELD Makes about 1 cup

INGREDIENTS

1. 1 tablespoon cumin seeds
2. 1 garlic clove, minced
3. 1 1/4 cups finely chopped fresh cilantro
4. 1/2 cup finely chopped fresh Italian parsley
5. 2 teaspoons fresh lemon juice
6. 1 1/2 teaspoons paprika
7. 1/8 teaspoon cayenne pepper
8. 1/2 cup plus 2 tablespoons extra-virgin olive oil

PREPARATION

1. Stir cumin in small skillet over medium heat until lightly toasted, about 2 minutes. Transfer to mortar. Add garlic; pound with pestle until paste forms. Transfer to bowl. Mix in cilantro and next 4 ingredients. Stir in olive oil. Season with salt and pepper. **Do ahead** Can be made 2 days ahead. Cover; chill. Let stand at room temperature 1 hour before serving.

CHERMOULA with Mint

Chermoula

3 Freestyle Points 86 calories **TOTAL TIME:** 5 minutes

Chermoula is similar to a pesto, used in North African cooking as a marinade to flavor fish or seafood, but it can be used on other meats, vegetables or stirred into couscous.

INGREDIENTS:

- 1 cup packed cilantro
- 1/2 cup packed mint leaves (no stems)
- Pinch of red pepper flakes
- 2 small cloves garlic
- 1 teaspoon Ras el Hanout
- 1/4 cup extra virgin olive oil
- 1 tablespoon lemon juice

DIRECTIONS:

Combine all the ingredients and puree in small blender (I used my magic bullet) until smooth, scraping down the sides of the bowl. If necessary add a drop of water if it's too thick.

NUTRITION INFORMATION

Yield: 6 tablespoons, Serving Size: 1 tablespoon

Three 2-3" sized beets shredded in a food processor = about 1-1-1/2 cups beets
1 cup of hummus (1 cup garbanzos, 1/2 lemon juice, 2 garlic cloves, 1/4 cup tahini, salt,
1 Tablespoon of liquid smoke, 1/4 teaspoon of hot pepper flakes, 1-2 Tablespoons of
flax seed powder.

Blend all together. Form by using big jar lids. Bake at 420 for 20 minutes. High heat will sear the outside and leave the inside chewy. Because the beets are raw, the insides will also remain more moist. The flax seed powder acts like an egg binding the moist ingredients together.